



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Frenzl, Nicole

□□: Schnauftreff Oberursel

□□: 3037

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W35

□□□: 12:08:39

□□: 8.32 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 35 (of 79)

□□□□□/□: 6 (of 14)

□□□□□□: 9:49:17

□□□□□: 2(of 5)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:12:23	6:47	3	14:40	7	14:40	19.50	2:12:23	6:47	2	14:40	6	14:40
Kühude	20.50	2:17:05	6:41	2	22:03	7	22:03	40.00	4:29:28	6:44	2	36:43	6	36:43
Rhein-Weser-Tur	17.00	1:59:00	7:00	2	23:08	7	23:08	57.00	6:28:28	6:48	2	59:51	6	59:51
Kühude	17.00	2:04:24	7:19	3	26:38	7	26:38	74.00	8:32:52	6:55	2	1:26:29	6	1:26:29
Nasse Wiese	20.50	2:52:42	8:25	2	42:10	8	42:10	94.50	11:25:34	7:15	2	2:08:39	6	2:08:39
□□	6.50	43:05	6:37	3	10:43	8	10:43	101.00	12:08:39	7:12	2	2:19:22	6	2:19:22